

2001 California Dietary Practices Survey

Table 11: Consumption of Meals and Snacks with Fruits and Vegetables, Trends 1989-2001

Question: Did you eat (breakfast, lunch, dinner, snacks) yesterday?  
Did you have any fruit, vegetables, salad, or juice for your meal?

	Percent							Change of Percentage						
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01	
Percent Who Ate Breakfast	75	69	71	74	74	74	75	-6**	2*	3	NC	NC	1	
Percent Who Ate Fruit & Vegetables with Breakfast	50	46	46	50	51	64	50	-4	NC	4	1	13***	6	
Servings of Fruit & Vegetables at Breakfast	0.8	0.7	0.8	0.8	0.8	0.9	0.8	-0.1	0.1	NC	NC	0.1	-0.1	
Servings of Fruit & Vegetables at Meal For Those Who Ate Breakfast	1.1	1.0	1.1	1.2	1.3	1.2	1.1	-0.1	0.1	0.1	0.1	-0.1	-0.1	
Servings of Fruit & Vegetables For Those Who Ate Fruit & Vegetables at Breakfast	1.6	1.6	1.7	1.7	1.7	1.9	1.7	NC	0.1	NC	NC	0.2***	-0.2	
	Percent							Change of Percentage						
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01	
Percent Who Ate Lunch	79	80	81	81	83	82	81	1	1	NC	2	-1	-1	
Percent Who Ate Fruit & Vegetables with Lunch	56	59	58	61	63	72	58	3	-1	3	2	9***	-14	
Servings of Fruit & Vegetables at Lunch	1.1	1.2	1.1	1.3	1.2	1.2	1.2	0.1	-0.1	0.2**	-0.1*	NC	NC	
Servings of Fruit & Vegetables at Meal For Those Who Ate Lunch	1.4	1.5	1.4	1.6	1.5	1.4	1.5	0.1	-0.1	0.2**	-0.1**	-0.1	0.1	
Servings of Fruit & Vegetables For Those Who Ate Fruit & Vegetables at Lunch	2.0	2.0	1.9	2.1	1.9	2.0	2.1	NC	-0.1	0.2**	-0.2***	0.1*	0.1	
	Percent							Change of Percentage						
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01	
Percent Who Ate Dinner	92	92	91	92	91	90	91	NC	-1	1	-1	-1	1	
Percent Who Ate Fruit & Vegetables with Dinner	70	72	69	73	71	75	67	2	-3	4	-2	4*	-8	
Servings of Fruit & Vegetables at Dinner	1.6	1.6	1.5	1.6	1.4	1.5	1.4	NC	-0.1	0.1	-0.2*	0.1	-0.1	
Servings of Fruit & Vegetables at Meal For Those Who Ate Dinner	1.7	1.7	1.6	1.7	1.6	1.7	1.6	NC	-0.1	0.1	-0.1*	0.1	-0.1	
Servings of Fruit & Vegetables For Those Who Ate Fruit & Vegetables	2.2	2.2	2.2	2.2	2.0	2.2	2.2	NC	NC	NC	-0.2*	0.2***	NC	
	Percent							Change of Percentage						
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01	
Percent Who Ate Snack	43	49	47	49	45	47	46	6**	-2	2	-4*	2	-1	
Percent Who Ate Fruit & Vegetables with a Snack	21	24	20	22	21	39	20	3	-4*	2	-1	16***	-19	
Servings of Fruit & Vegetables at a Snack	0.3	0.4	0.3	0.4	0.3	0.3	0.3	0.1	-0.1**	0.1	-0.1	NC	NC	
Servings of Fruit & Vegetables at Meal For Those Who Ate a Snack	0.8	0.8	0.7	0.8	0.8	0.7	0.8	NC	-0.1*	0.1*	NC	-0.1	0.1	
Servings of Fruit & Vegetables For Those Who Ate Fruit & Vegetables at a Snack	1.7	1.7	1.6	1.8	1.6	1.8	1.8	NC	-0.1	0.2*	-0.2*	0.2*	NC	

Chi square tests were used to compare percents over time.  
Analysis of variance techniques were used to compare servings over time (ANOVA).  
\* p<.05  
\*\* p<.01  
\*\*\* p<.001